



177th FIGHTER WING JERSEY DEVILS



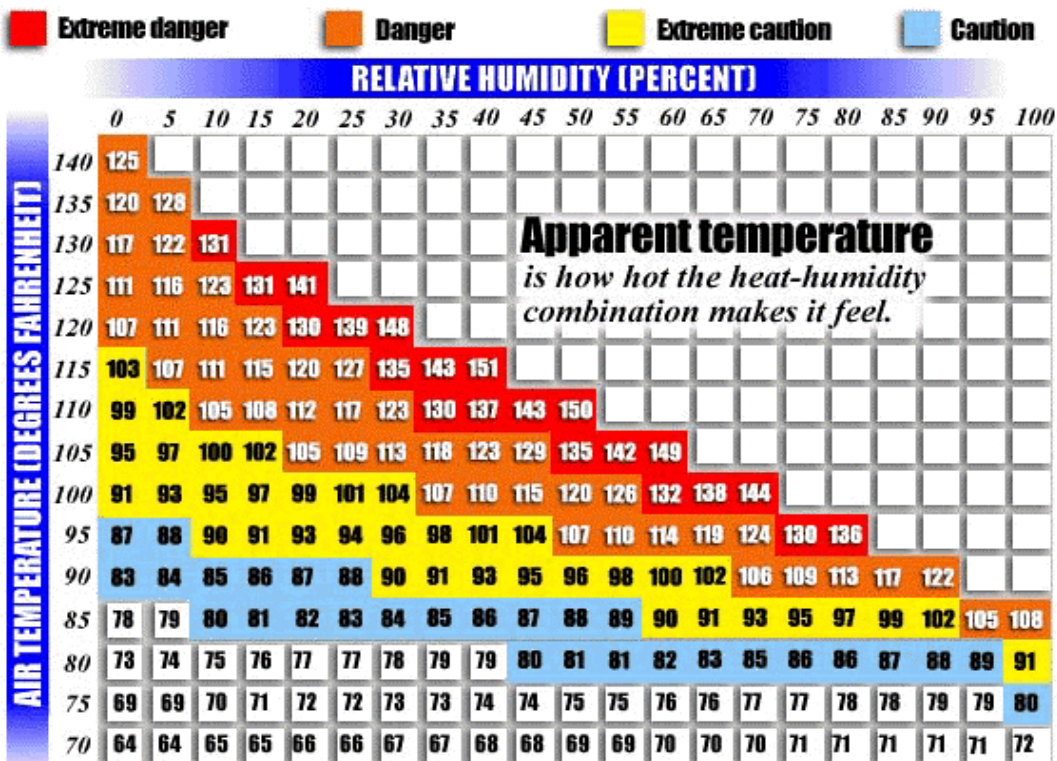
SAFETY AND HEALTH NEWSLETTER

JULY 2002

HEAT AND HUMIDITY CAN BE A DEADLY COMBINATION

Blistering summer heat waves can be not only extremely uncomfortable, but also even deadly.

Hot, humid weather is more uncomfortable than hot, dry weather because high humidity slows the evaporation of sweat. Evaporation is nature's way of cooling. Hot, humid weather is not only uncomfortable; it's dangerous to those exercising in it. The table here shows how to find the "apparent temperature," that is, how hot various temperature-humidity combinations feel.



For example, if the temperature is 95 and the relative humidity is 50 percent, find 95 in the temperature column on the left side; follow that row to the right to the 50 percent humidity column. The apparent temperature is 107. This falls into the "danger" area where outdoor exercise isn't a wise idea. The colors on the chart show the level of danger of various combinations.

177th FIGHTER WING SAFETY STAFF

MAJOR TIM HASSEL
CHIEF OF SAFETY

CMST ROBERT FUSCO
GROUND SAFETY MANAGER

SMSGT WILLIAM SCHROER
EXPLOSIVE SAFETY

MSGT STEPHEN RUDOWSKI
SAFETY TECHNICIAN

If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.af.mil

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When heat and humidity combine to reduce the amount of evaporation of sweat from the body, out door exercise becomes dangerous even for those in good shape. Key rules for coping with heat are to drink plenty of water to avoid dehydration and to slow down and cool off when feeling fatigued, a headache, a high pulse rate or shallow breathing.

Overheating can cause serious, even life-threatening conditions such as heat stroke. The elderly are the most vulnerable because heat puts more stress on weak hearts and bodies less capable of controlling internal temperatures.

DANGER SIGNS

- **Dehydration** - When your body loses water, you can't cool off fast enough. You feel thirsty and weak.
- **Cramps** - You can get muscle cramps from the heat even after you leave work.
- **Heat exhaustion** - You feel tired, nauseous, headachy, and giddy (dizzy and silly). Your skin is damp and looks muddy or flushed. You may faint.
- **Heat stroke** - You may have hot dry skin and a high temperature, or you may feel confused. You may have convulsions or become unconscious. Heat stroke can kill you unless you get emergency medical help

Things to Do

- Drink a lot of cool water (5 to 7 ounces) every 15 minutes, all day— before you feel thirsty!
- Wear light colored, "breathable fabric" clothing like cotton.
- Keep taking rest breaks. Rest in a cool, shady spot. Use fans.
- For heavy work in hot areas, take turns with other workers, so some can rest.
- If you work in protective clothing, you need more rest breaks.

If you think someone has heat stroke, CALL emergency services immediately, **911**. And move your co-worker to the shade, wipe his/her skin with cool water, and loosen his/her clothes. Use a piece of cardboard or other material to fan your co-worker.

If you have any safety related questions contact the Wing Office at 6013.

ARE YOU AN AGGRESSIVE DRIVER

Aggressive driving has become a serious problem on our Nation's roadway's. What is aggressive driving? Most of us know it when we see it, but the National Highway Traffic Safety Administration (NHTSA), defines aggressive driving as occurring when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property".

Characteristics of Aggressive Drivers

- They are high-risk drivers, more likely to drive impaired, to speed, and/or to drive unbuckled.
- They are drivers who see their vehicles as providing a cover of anonymity and therefore tend to be less inhibited or more likely to engage in aggressive behavior.
- They are frequently "Type A" personalities characterized by high levels of competitiveness, time urgency, irritation and hostility.
- They run stop signs, disobey red light, speed, tailgate, weave in and out of traffic, pass on the right, make unsafe lane changes. Flash their lights, blow their horns, or make threatening hand and facial gestures.

According to the New Jersey State Police, 63 percent of fatal crashes were the result of violations attributed to aggressive drivers. New Jersey State Police state that they have received over 150 phone calls to their Aggressive Driving Hot Line since it was established in late 1999. The multi-agency enforcement program uses semi-marked patrol cars and unconventional vehicles in their program to stop aggressive drivers. If you see an aggressive driver you can call the Aggressive Driving Hot Line at 1-888-SAFE ROAD (723-7623) or cell phone #77.

For more information on Aggressive Driving and a look at one product which addresses this issue the **National Aggressive Driving Action Guide**, you can visit NHTSA website at www.nhtsa.dot.gov.

DON'T DRINK AND DRIVE AND ALWAYS BUCKLE UP!!



CPSC and Graco Announce Recall of Toy Track on Activity Centers

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Graco Children's Products, Inc., of Elverson, Pa., is voluntarily recalling about 152,000 toy tracks attached to children's activity centers. The toy track can break, presenting a cut or pinch hazard and exposed small parts pose a choking hazard to young children.

Graco has received 11 reports of the toy tracks breaking. Four children received minor scratches and one child's finger was pinched.

The recalled activity centers include the Tot Wheels V, models 4511 and 4521, and the Convertible Entertainer, models 4652 and 35225. The model numbers and the words, "made in U.S.A." are printed on a label on the underside of the tray on the activity centers. The green wavy toy track sits on the tray of the activity center. Five objects spin and slide along the toy track.

Discount, department and juvenile product stores sold the activity centers nationwide from November 2001 through May 2002 for between \$30 and \$70.

Consumers should stop using these activity centers with toy tracks immediately, and contact Graco to receive a free replacement track. For more information, consumers can contact Graco at (800) 673-0392 anytime or visit the firm's web site at www.gracobaby.com

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

CPSC, BY US International Co. Announce Recall of "NEXT" Ultra Shock Bicycles Sold at Wal-Mart



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), BY US International Co. Ltd., of Taiwan, is voluntarily recalling about 132,000 Next Ultra Shock mountain bicycles with "Ballistic 105" front suspension forks. Dynacraft Industries Inc., of San Rafael, Calif., was the sole distributor of these bicycles. BY US International Co. Ltd. manufactured the forks on these bicycles that can break apart, causing riders to lose control, fall and suffer serious injury.

CPSC previously announced the recall of about 103,000 of these forks sold on bicycles manufactured by Brunswick Corp.

There have been 20 reports of the suspension forks breaking on the Next Ultra Shock bicycles, resulting in 19 riders suffering injuries that include abrasions, concussions and chipped teeth.

The recall includes only Next Ultra Shock bicycles, which are blue, with model numbers 8524-14 and 8526-20. They were manufactured between April 1999 and November 9, 1999. A label affixed to the frame near the crank housing identifies the model and date of manufacture. The name "Ultra Shock" is written on the bicycle down tube in white lettering.

Wal-Mart stores nationwide sold these mountain bikes from May 1999 through December 2000 for about \$150.

Consumers should stop using these bicycles immediately and call Dynacraft Industries toll free at (800) 288-1560 between 7 a.m. and 4 p.m. PT Monday through Friday or visit their web site at www.dynacraftbike.com for information on receiving a free replacement fork and free installation.

Next Ultra Shock bicycles manufactured after November 9, 1999, did not use BY US International-made Ballistic forks, and are not subject to this recall.

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HURRICANE AWARENESS PART II

For those who haven't felt the force of a hurricane.

It was a pleasant breezy summer evening. As the hurricane approached the beautiful bay, longtime residents sat on their patios and sipped tall drinks. The last hurricane was only a dim 22-year old memory. The storms broke their once every six-year average of hitting the coast long ago. When they did hit, it never amounted to more than a splash of water blown up onto the property lines or porch steps. Evacuate in the response to civil defense sirens and radio warnings? Why bother? They were having too much fun.

However, by morning the bridge was out. They were stuck. Record winds shredded their homes splinter by splinter, as they cowered in the upper floor back bedrooms, hiding under mattresses. They tried to concentrate on shutterless flashbacks of their lives as they waited in terror for the end. The storm surge plowed inland, its giant wind-driven waves over 20 feet high, strewing devastation, and finishing what the wind had started. **This could happen to you.**

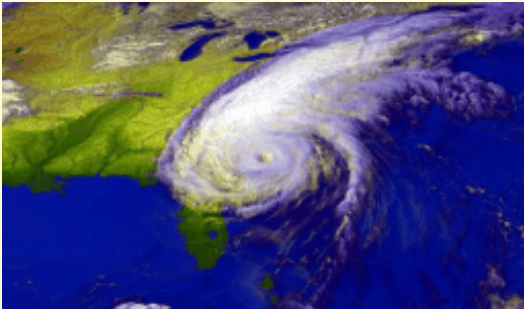
Enter the Season Prepared

If you live in a coastal area, identify your evacuation route. Your community's hurricane evacuation plan includes designated safe areas, areas to be evacuated during a hurricane emergency and safe evacuation routes to shelters. Get information on emergency planning in your area by contacting your local defense or emergency service office.

Hurricanes can cause extensive flooding, not just along the coastline, but far inland as well. Flood insurance is valuable financial protection. You should be aware, however, that your homeowner's policy does not cover damage from flooding. Check into the availability of flood insurance through the National Flood Insurance Program by contacting your local insurance agent or broker.

Your annual preparations for hurricane season should include checking to see that you have a supply of nonperishable food, drinking water container, candles, waterproof matches, lantern and fuel, first aid kit, fire extinguisher, battery powered radio, flashlights and extra batteries.

Advisories and Warnings



Thanks to modern detection and tracking devices, the National Weather Service can usually provide 12 to 24 hours of advance warning. The Weather Service of NOAA issues advisories when hurricanes approach land.

A **"Hurricane Watch"** is issued whenever a hurricane becomes a threat to coastal areas. Everyone in the area covered by the "watch" should listen for further advisories and prepared to act promptly if a hurricane warning or evacuation order is issued.

A **"Hurricane Warning"** is issued when hurricane winds of 74 miles an hour or higher, or a combination of dangerously high-water and very rough seas, are expected in a specific coastal area within 24 hours. Precautionary action should begin immediately.

Part III "Getting Ready for Hurricanes" will be out next month.

Have a safe summer

Keep Alert, Stay Alive.